

# Blood Pressure Classifications and Follow-Up Recommendations

BP Classification	SBP	DBP	Lifestyle Modification	Initial Drug Therapy
Normal	<120	and <80	Encourage	No antihypertensive drug therapy indicated
Prehypertensive	120-139	or 80-90	Yes	No antihypertensive drug therapy indicated
Stage 1 hypertension	140-159	or 90-99	Yes	Thiazide-type diuretic and consider other meds
Stage 2 hypertension	>160	or $\geq 100$	Yes	Two-drug combination for most

**When treating hypertension in people with diabetes, the American Heart Association and the Joint National Committee Report on the Treatment of High Blood Pressure recommend a goal blood pressure less than 130/80 mmHg.**

Category Based on Blood Pressure Measurement	Follow-Up Recommended
Normal	Recheck in 2 years
Prehypertension	Recheck in 1 year
Stage 1 hypertension	Confirm within 2 months
Stage 2 hypertension	See physician within 1 month. If pressure is >180/110 mmHg, see physician immediately.



Heart Disease & Stroke  
Prevention Program  
Utah Department of Health